

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

A COMPREHENSIVE LIST OF HALAL FOOD PRODUCTS IN U.S. & CANADIAN SUPERMARKETS

يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا
رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ عَلَيْهِ تَعْبُدُونَ

*"O you who believe, eat of good things that we
have provided for you and be grateful to Allah"*

(Al-Qur'an 2: 172)

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CONTENTS

A. Introduction	xiii
B. Criteria Used in Identifying Halal Food products in this Book.....	xv
C. Facts about food ingredients and food products	xix
D. National Brands (based on Super markets Aisle)	1
1. Bread, Buns, Food Coating, Bread Crumbs, Stuffing Mix, Fresh Bagels, Fresh English Muffins, Pita Bread	
2. Jams, Jellies, Peanut Butter	7
3. Bakery Snacks	8
4. Coffee and Tea Drinks, Soft Drink	11
5. Snacks (Potato chips, Pretzels, Pop corn)	13
6. Salsa	18
7. Powdered Drinks	19
8. Ketchups and Sauces	19
9. Oils, Oil Spray and Vinegar	21
10. Mayonnaise and Salad Dressing	21
11. Pickles, Croutons	24
12. Rice Products	25
13. Seasonings	25
14. Mashed Potato	26
15. Spaghetti Sauce	27
17. Pasta, Mac and Cheese Dinner	29
18. Tacos and Tortillas	30
19. Artificial Sweeteners, Vanilla Extract	30
20. Meat Tenderizers	31
21. Baking Mixes, Cake Mixes and Frostings	31
22. Evaporated Milk	34
23. Baking Chocolate	34
24. Puddings and Pie Fillings	35
25. Pancakes and Waffles Mixes	36
26. Syrups	36
27. Apple Sauce	37
28. Soup	38

29. Hot Cereals	39
30. Toaster Pastries and other breakfast items	40
31. Cold Cereals	40
32. Chocolate, Cocoa, Breakfast Mix, Coffee/Tea, Non- Dairy Creamers	42
33. Granola and Cereal Bars	45
34. Fruit Snacks	46
35. Chocolate Bars and Candy	46
36. Chewing Gums	49
37. Fruit Juices	50
38. Baby Foods	54
39. Frozen Foods/Fish/Soup/ Potato/Bagels/ pancake-Waffles Cakes/Pies/Dough/ Whipped Topping/Ice Cream Bars/Ice Cream	57
40. Refrigerated Yogurts	67
41. Refrigerated Puddings	69
42. Refrigerated Dough	69
43. Refrigerated Eggs and Potato Products	69
44. Cream Cheese and Dips	71
45. Butter and Margarine	71
46. Cheeses	73
47. Cookies	74
48. Crackers	74
49. Milk and Other Products	83
50. Sour Cream/Cottage Cheese/Ricotta Cheese	84
51. Refrigerated Fruit Juices/Whipped Topping Nutritional Drinks/Vitamins	84
52. Bar Soap	87
53. Shampoo	90
54. Toothpaste	92
55. Detergents/Dishwashing Liquids	94
56. Fast Food Restaurants	96

E. California Supermarkets99

1. Albertson	99
2. Food 4 Less	108
3. Raley	112
4. Ralph	122
5. Safeway	131
6. Von	138

F. Chicago area Supermarkets	141
1. Aldi	141
2. Cub Foods	148
3. Dominicks	155
4. Jewel	162
5. Meijer (for Illinois, Indiana & Michigan)	173
G. Detroit Area Supermarkets	184
1. Farmer Jack.....	184
2. Kroger	189
H. Florida and Southern States Supermarkets	195
1. Albertson	195
2. Food Lions	204
3. Publix	211
4. Win-Dixie	217
I. Maryland, Pennsylvania, Virginia, W. Virginia & Washington, DC	221
1. Giant Food Stores	221
J. Northeast Area Super markets	232
1. A & P	232
2. Key Foods	236
3. Met Foodmart	241
4. Pathmark	244
5. Shaw	250
6. Shoprite	253
7. Stop & Shop	262
8. Wauldbaum	268
K. Illinois, Indiana, Kentucky and Missouri Supermarkets	274
1. IGA	274
2. Schnuck	276
L. Texas Supermarkets	281
1. Fiesta	281
2. HEB	288
3. Kroger	294
4. Randall	299
5. Wal-Mart	305

M. Canadian Supermarkets	310
1. Dominion	310
2. Food Basic	321
3. Loblaws	328
4. No Frills	335
5. Price Chopper	361
6. The Canadian Superstore	369
N. Index for National brands in US	377

CRITERIA USED IN IDENTIFYING HALAL FOOD PRODUCTS

Muslims are living in USA and Canada for many years and many essential food products do not carry Halal symbol on them to pickup by Muslims as Halal. This creates a dilemma for Muslims what to buy and what not buy. Allah says in Quran " This day are (all) things are good and pure made lawful unto you. The Food of the people of the books is lawful to you and yours is lawful unto them" (Sura 5, Ayat 5). If an authentic and genuine non meat kosher certified food products bearing kosher symbols such as OU, K, CRC, V, Kuf K, KVH, COR, MK and Parve meet the Islamic dietary requirements, then those products are considered Halal. However if they contain gelatin, kosher gelatin, wine, alcohol, L-cysteine from human hair, wine vinegar, rum flavor, beer batter, naturally brewed soy sauce, torula yeast grown on alcohol, Carmine color, yeast extract from beer, nucleotide grown on alcohol then they will not be considered as Halal food products. For example if a food product contains gelatin or Kosher gelatin and also bears kosher symbol, then it will not be considered Halal. We do not recommend Kosher meat for Muslims because they do not announce Allah's name on each animal.

This is a temporary situation because we have no alternate but Inshallah a day will come when all of us will buy food products bearing Halal symbols. Few food products carrying different Halal symbol are already available in supermarkets.

Method of Data Collection:

1. Visiting the over 39 major supermarkets in USA and Canada, examining each product for ingredients declaration on the package.
2. Checking for different Halal or Kosher symbols on the package which meet with the Islamic dietary requirements.

NOT HALAL:

The following food products are included in this category:

1. The Haram food products that are made with pork-by-product ingredients and wine.
2. The food products that are made with kosher gelatin and bear the kosher symbol K.
3. The products made with ingredients derived from non-zabiha meat by-products.
4. The products made from fat based ingredients without Halal or kosher certification and with no guarantee it meets the Islamic dietary requirements.
5. The products that are made from natural and artificial flavors which are not certified as Halal or Kosher with or without alcohol as a solvent.
6. The products that are made with alcoholic fermentation and may contain 2-3 % alcohol such as naturally brewed soya sauce.
7. The products that are made with human hair L-cysteine with or without kosher certification.
8. The products that are made with questionable ingredients and whose source has not been verified
9. The products that are made under kosher certification and bear kosher symbol on food product label but do not meet the Islamic dietary requirements.

Halal

Halal
if no alcohol
used in flavors

Not Halal

National Brands

Breads/Buns

PEPPERIDGE FARM

Swirl Raisin
Farm House Soft white
Farm House 12 Grain
Farm House Soft Oatmeal
Farm House Country White
Very Thin White
Farm House Honey White
Light Style Wheat
White Sandwich
Light Style 7 Grain
White Family Bread
Hot & Crusty Twin French
Original White
Hamburger Buns
Classic Hot Dog Buns
Sandwich Buns
Soft Hoegie Rolls

BROWNBERRY

100% Whole Wheat Bread
Country Classic Country White
Dutch Country 100% Whole wheat
Country Classic Oat Nut Bread
Country Classic Honey Wheat
Soft White
Kaiser Sandwich Buns
Original Sausage Rolls
White Hot Dog Buns
7 Grain Bread
12 Grain Bread

PEPPERIDGE FARM

Swirl Cinnamon
Carb Style Whole Wheat
Carb Style 7 Grain
Swirl French Vanilla
Mini Bagels
Farm House Sour Dough
Dinner Rolls
Italian Sesame Seeds
Toasting White

Halal

**Halal
if no alcohol
used in flavors**

Not Halal

(Sara Lee Bakery is the only bakery who can not guarantee about using vegetable fat base dough conditioners but some their products in California bear kosher symbols. Sunbeam breads in east coast are kosher certified)

SARA LEE

White Bread

IRON KID

White Bread

RAIN BOW

White Bread

ROMAN MEAL

White Bread

COUNTRY HEARTH

EARTH GRAIN

PILLSBURY

COLONIAL

HEALTHY CHOICE

HEINER'S

HOLSUM

GRANT'S FARM

OLD HOME

SUN MAID

SUN BEAM

KERN'S

Halal

**Halal
if no alcohol
used in flavors**

Not Halal

WONDER

Enriched White bread
Big, Thin & small
Hamburger & Hot dog Buns

**MOTHER'S
MASTER**

WONDER

Italian Light Bread

BEEF STEAK

Soft Rye Flavor
Hearty Rye Flavor
Light Soft Rye

HOME PRIDE

Butter Top White in California
Butter Top Wheat in California

HOME PRIDE

Butter Top White (rest of the country)
Butter Top White

NATURAL OVENS

MCG Halal certified breads

Better white bread
Cracked wheat bread
English muffin bread
Glorious bread
Happiness bread
Health max bread
Hunger filler bread
Mild rye bread
Multigrain stay trim bread
Nutty natural wheat bread
Right wheat bread
Seven grain bread
Soft wheat bread
Sunny millet bread
100% Whole wheat bread
Best burger buns
Better wheat buns
Gourmet dinner rolls